

LONDON metro



SAUCY SECRETS: 'HOW'S YOUR EVIL PLAN?'

SHANNON TAKES THE BEEMER TO VISIT DANIMAL IN THE RICH-PEOPLE HOSPITAL, WHERE SHE FILLS HIM IN ON THE SO-CALLED 'EVIL PLAN' WITH HER CHINESE BOYFRIEND **PAGE 9**

Red ribbons grow into red scarves

100 scarves being handed out to symbolize fight against HIV/AIDS during AIDS Awareness Week **PAGE 3**

Killer had 'fascination with mass shootings'

Newtown shooter's motive remains a mystery at the end of the investigation **PAGE 6**

Learning aall of Victoria's Secrets

Metro catches up with model before her fashion show to talk about chicken wings and butt lifts **PAGE 13**

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London's trash talk



The Civic Works Committee last night approved a four-month public consultation session designed to collect views on how often the city will be collecting garbage in the future. The present system has been in place for 17 years. MARK SPOWART/FOR METRO

'Alternative waste collection systems.' Often-maligned, but cost-effective garbage collection cycle is up for review

The great garbage debate continues and now the city wants to hear from you, and they are betting you have a lot to say.

Presently, London has one of the lowest costs of solid-waste collection (garbage and recycling) across the province, coming in at \$47 per household compared to the provincial average of \$52.

The current system, on a six business-day cycle, was enacted at the request of the then-city council, to save money.

It saved the city \$200,000 annually, but the frequency of pickup has been a thorn in the side for some Londoners.

London is the only municipality in Ontario that uses a six business-day cycle.

The numbers

London has improved its diversion rate (percentage of waste that no longer goes to landfill) to nearly 45 per cent, from less than 5 per cent in 1987.

- Findings show in each garbage bag, there is only 30 per cent garbage.
- Compostables make up 45 per cent, Blue Box and Blue Box Plus items account for 15 per cent and the remaining 10 per cent are items that should be delivered to the materials depot.

"Every time we talk about garbage pickup, they (constituents) get excited. At some point in time the conversation will always come around to 'When are we going to have weekly pickup?'" says Coun. Harold Usher. "But when you tell them it will cost \$10 per household

(increase on your tax bill) a lot of people don't want to pay that amount."

So, the city, or more specifically Jay Stanford, director of environment, fleet and solid waste, wants to hear what you have to say. Stanford presented his waste-diversion and garbage-collection update to the civic works committee Monday. He requested, and councillors approved, a four-month public input session, starting in January. It will explore "alternative waste-collection systems."

While there was wide acceptance of the success of the current system at the committee meeting, Mayor Joe Fontana wondered if a "user pay" system, similar to the way water and waste water is charged, may be an alternative.

Stanford agreed that the idea could be included in the public consultation meetings, but many of the mayor's colleagues were less than enthused with the idea, most notably committee chair Coun. Paul Van Meerbergen.

MARK SPOWART/FOR METRO



Did you know **72%** of pain sufferers regularly have trouble sleeping?

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A snowblower is made to work hard outside Covent Garden Market on Monday. SCOTT TAYLOR/METRO

London digs out after massive dump of snow

The white stuff.
It's slow going on sidewalks across London



SCOTT TAYLOR
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City of London plows and private contractors were still hard at it Monday clearing roads and sidewalks after as much as 70 centimetres of snow fell over the weekend.

Nonetheless, many on Twitter expressed frustra-

tion that sidewalks, at least, in their part of the city remained untouched.

The city's manager of transportation and roadside services acknowledged Monday morning there was still a lot to do after the first major storm of the year hit the London area.

"We've pretty much got it under control, but we're still working hard in the east end because that's where the bulk of the snow fell," John Parsons said.

"It's difficult for snow plows to go through 60 or 70 centimetres of snow."

A number of people, es-

pecially in the downtown core of the city, were seen walking on roads instead of sidewalks, which were almost impassable in spots.

The reason it seems to take so long for some sidewalks to be cleared, Parsons explained, is because road plows have to go through to do their job first.

Anyone who has ever shovelled a driveway knows what a big plow leaves in its wake.

Once that's done, the sidewalk plow punches a hole through that snowy debris and makes it passable for pedestrians.

When there's too much of the white stuff, the city will turn to snow blowers, a slower and more costly option.

"We'll probably have to do that in some areas," Parsons said.

"Hopefully, by this time tomorrow we'll be in good shape, but we might still have to go back to some places to finish the job."

There were no immediate reports of any school-bus delays or cancellations.

Follow Scott Taylor on Twitter @taylorinlondon



Snow vs. city

London's army in its fight against snow:

- 62 big snow plows
- 28 salt and sand plows
- 38 sidewalk plows
- Four 4x4 plows
- Various private contractors, if required
- Annual snow budget: \$12 million

The right ingredients

Perfect storm targeted London

The London area is no stranger to snow squalls, but the one that hit the city over the weekend was something special, said En-

vironment Canada meteorologist Marie-Eve Giguere.

To be as ferocious as it was, it required three key elements: cold air, warm water in the Great Lakes and strong winds.

"This was the biggest of the year so far, but fall is the time to expect this type of weather," she said.

"It fed on the contrast of temperatures between the warm water and cold air."

Of course the water in Lake Huron isn't warm to touch, but it isn't as frigid as an arctic cold front and gusting winds.

"Most of the time, small snow squalls race across the region separately, so

that you may be driving in the sun and then suddenly you'll be down to no visibility. Then, it's gone again."

But Giguere said this time the wind was strong enough to bring them all together as one large squall.

They joined forces over the city and then — as if

to add insult to injury — meandered.

Giguere said Monday that there's another system gathering strength over the Gulf of Mexico, but it's expected to do nothing more than sideswipe the city with flurries on Tuesday or Wednesday.

SCOTT TAYLOR/METRO

Elton's back

Rocket Man touching back down in London

There's major news from Captain Fantastic.

Elton John will play Budweiser Gardens Feb. 3. It will be his first time back since 2006.

The tour will feature iconic hits and classic tracks from his five-decade career, as well as a selection of new songs from his most recent album, *The Diving Board*, which features 12 new songs and has received glowing reviews.

Ticket prices range from \$73.25 to \$153.25 and go on sale Friday at 10 a.m. **SCOTT TAYLOR/METRO**

Make-A-Wish

Charity display set to brighten up your night

A display of holiday lights is on offer in Port Stanley, and it's for charity.

From Nov. 30 to Dec. 31, Dennis Taylor and Raymie Jewell are inviting visitors to their home at 291 Selbourne Dr. for a display including more than 65,000 lights.

Donations to Make-A-Wish Southwestern Ontario will be gratefully accepted, and Make-A-Wish volunteers, Wish families and supporters are invited to gather outside Taylor and Jewell's home at 6 p.m. this Sunday to see Wish child Kiara lighting the lights for the holiday season.

Taylor and Jewell have raised over \$13,200 since launching their holiday light display in 2010. **METRO**



Samantha Radley, left, and Martin McIntosh hold bags containing 100 hand-knit red scarves that they were handing out at Covent Garden Market over the lunch hour as part of AIDS Awareness Week. The scarves proved to be a popular item — all 100 were distributed in less than 10 minutes. **MARK SPOWART/FOR METRO**

Protect your neck for AIDS awareness

'Warm and inviting.'
100 red scarves handed out to symbolize the fight against HIV/AIDS

MARK SPOWART
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It's been more than 30 years since tiny red ribbons began appearing on lapels promoting compassion and understanding for those living with HIV/AIDS.

This week is AIDS Awareness

Week, and those tiny red ribbons have grown into red scarves hand-knit by individuals and groups throughout the community and handed out to further advance the message.

"It really is a creative way to symbolize the fight against HIV/AIDS," says Brian Lester, executive director at the Regional HIV/AIDS Connection office in London.

"The idea came from the creative think tank of this organization. It was in the context of how we can raise awareness for an issue that has been in our community for 30 years."

It is the second year the

scarves have been handed out in London. Last year, 350 scarves were distributed; this year, that number has increased to 400 locally, with additional scarves being handed out in Stratford for the first time.

Advances in treatment and research, including the development of SAV001, a potentially preventative drug discovered at Western University by Dr. Chil-Yong Kang, continue to offer hope for those affected.

"The vaccine is promising in the fight against HIV/AIDS, but in essence what we continue to battle is the stigma associated with it, because of how it first

Colour co-ordination

The red-ribbon campaign was the first campaign to use a coloured ribbon to promote its message. Thirty years later, ribbons can be found in a variety of colours, representing a number of issues.

came into our community," says Kang.

"That's why something as warm and inviting as a red scarf helps to start the dialogue towards understanding."

Whole Lotto love. You may have already won \$10,000

Somewhere, perhaps stuck in a seasonal jacket, between sofa cushions or under a car seat, there is a forgotten lottery ticket worth \$10,000.

And it is about to expire.

"Lottery winners have one year to claim their prize, and for this ticket, the individual has until 7 p.m. on Monday, Dec. 9," said Dita Kuhtey, a spokesperson with Ontario Lottery and Gaming.

"For \$10,000 prize amounts, they can go to one or our satellite offices, like the one at the Western Fair Raceway Slots or at the OLG prize centre in Toronto," said Kuhtey.

While it might be hard to imagine buying a ticket and then not checking it, Kuhtey says prizes do go unclaimed, although not very often.

"Right now we have a very big prize that still remains unclaimed," she said. "There is a ticket for \$50 million that is still unclaimed. It was sold in Cambridge and that person has until Nov. 30 to claim it."

"We have had 220 inquiries into the ticket and we (are) really hoping to be able to pay out that prize."

Kuhtey said the odds of winning a prize that big are one in 28 million.

In national lotteries like Lotto 6/49, unclaimed prize money is distributed through bonus draws or special prizes.

Unclaimed prizes in provincial lotteries go back to the province of Ontario.

MARK SPOWART/FOR METRO

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LPS seeking info

Police name car-crash victim

Cops in London have named the woman who died in a collision in the city Saturday afternoon.

Candice Cofell, 42, was a passenger in a car that was part of a three-vehicle collision at Hyde Park Road and Sunningdale Road.

The collision happened at about 3:45 p.m. and involved three vehicles.

There were nine occupants in total, two with minor injuries and one who lost her life.

Anyone with information is asked to call the London Police Service traffic management unit at 519-661-5680. **METRO**

Western University

Cancer researcher gets \$225K grant

Western University cancer researcher Shun-Cheng (Shawn) Li has been awarded a China-Canada Joint Health Research Initiative grant from the Canadian Institutes of Health Research (CIHR).

The grant, valued at \$225,000 over three years, is for a project titled "Systematic identification of dynamic epigenetic modifications in DNA damage repair for novel cancer therapy."

Li is a professor in the Department of Biochemistry, Oncology and Paediatrics at Western's Schulich School of Medicine & Dentistry.

These grants are jointly funded by the CIHR and the National Natural Science Foundation of China to promote Canadian-Chinese scientific co-operation. Fifteen projects are being funded in this round. **METRO**

The Salvation Army

Kettle Campaign needs volunteers

The Salvation Army's Annual Christmas Kettle Campaign is still in need of volunteers.

Kettles are placed at more than 50 locations throughout London. Volunteers are needed to stand by the kettle to greet shoppers and accept donations.

Anyone interested in volunteering is encouraged to call The Salvation Army at 519-433-6106 or visit www.londonchristmaskettles.ca. **METRO**



It's all quiet at Boler Mountain for now, but soon it could be filled with skiers and boarders of all ages. SCOTT TAYLOR/METRO

Boler Mountain works toward Friday opening

November skiing.

Ski centre will need to make a lot of snow to meet record start



SCOTT TAYLOR

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It's an exciting time for the men and women at Boler Mountain, who are preparing for what may be the earliest opening in the ski centre's history, thanks to last week-end's snow and this week's

frosty temperatures.

Greg Strauss, who's been with Boler for more than two decades, said the management team will decide Thursday morning if it will be possible to open Friday night.

"It's been a few years since we've had a good, strong start," he said. "All that natural stuff helped the cause."

Last season, skiers had to wait until Dec. 27 to ride the slopes. The year before, a warm March was the culprit.

If they get a few more good nights of snow-making, this year could be one for the ages.

Still, there's a long way to

Time to blow some snow

"The snow we got looks like a lot, but when you start grooming out there it barely covers the ground."

Greg Strauss, part of Boler's management team, on the need for more snow-making

go, even if it doesn't look that way, Strauss cautioned.

"The snow we got looks like a lot, but when you start grooming out there it barely covers the ground. It's the artificial snow that will hopefully allow us to open Friday."

The forecast for the rest of the week is in their favour, with a little snow and below-

average overnight temperatures a perfect recipe.

"We just have to see how the snow-making goes Tuesday and Wednesday before we make the call Thursday," Strauss said.

More than \$300,000 in renovations and other work has been spent on upgrades to a number of areas — most-

Recent improvements

- Expanding the centre by doubling the skiable acres
- Adding a new quad chairlift
- Increasing the vertical to 220 feet

ly unseen by skiers, Strauss said — that will make the skiing experience more exciting and, he hopes, longer-lived than previous years.

Project Play caps 2nd year of meaningful games

All work and no play is just not an option for this community group.

Founded by Greg Picken and Mathew Hoy, Project Play taps into the local gaming community to raise funds so they can provide a wide variety of electronic and board games to local charities.

"We just wrapped up our second year. On one hand Pro-

ject Play is a big day of gaming that takes place in September each year and the whole event is built as being a fundraiser," says Picken.

"We raise money through ticket sales and use that money to then buy video-game hardware, software and board games."

In their first year, the group distributed gaming par-

cels to Women's Community House, Merrymount Family Resource and Crisis Centre and Women's Rural Resource Centre in Strathroy.

This year, they are making deliveries again to N'Amerind Friendship Centre, Northwest London Community Resource Centre and Glen Cairn Community Centre.

At the September event,

the group was able to raise \$4,000, which they used to buy as much as they could when items were on sale, and to buy through GeekStop Games, which provides board and strategy games at cost.

Their efforts have resulted in a Pillar Nonprofit Network award in the Community Innovation category.

"We were extremely de-

lighted to be nominated and to win the award," said Picken. "There are so many great organizations in this city that are working with children, but they just don't have the resources to provide these types of items."

"For them to get an Xbox, a Wii plus 20 games and 20 board games, they are over the moon." **MARK SPOWART/FOR METRO**



Coralee Smith, right, speaks outside the inquest into the segregation-cell choking death of her daughter, Ashley Smith, in Toronto on Monday. With her is Kim Pate of the Canadian Association of Elizabeth Fry Societies. COLIN PERKEL/THE CANADIAN PRESS

Cell death a murder: Lawyer

Ashley Smith case.

The warden threatened guards with excessive-use-of-force sanctions for entering the cell too quickly, according to inquest evidence

The death of a "precious daughter" who strangled herself in her segregation cell as prison guards videotaped but did not intervene should be deemed a homicide, a coroner's jury was told Monday.

In closing submissions at the Ashley Smith inquest, the lawyer who speaks for her family said overwhelming evidence shows top managers ordered frontline staff to stay out of her cell as long as she was still breathing.

The order, Julian Roy said, was devised by Warden Cindy Berry — "the new sheriff in town" — and communicated through her "weak" deputy, Joanna Pauline, to underlings. "It was not a big misunderstanding. There was no broken telegraph here. This was not a case of staff confusion," said Roy.

"It didn't come off the cuff. It wasn't improvised. This was an order that was carefully thought out by those that issued it."

The order was never written down because it was an "obscurity," Roy said, but

Not equipped

The lawyer urged jurors to recommend a ban on segregation for self-harming or mentally ill women, saying it only does more damage.

- He also slammed Correctional Service Canada, which he said had no business looking after women like Smith, for its resistance to accountability and change.

senior management's actions contributed significantly to Smith's death, making it a homicide.

Smith, 19, of Moncton, N.B., choked herself to death on Oct. 19, 2007, in her cell at Grand Valley Institution in Kitchener, Ont., just a few months after Berry took over as warden.

Roy traced how correctional officers, who initially rushed in when the disturbed Smith tied ligatures around her neck, succumbed to pressure from senior management to stay out of her cell unless her death was imminent.

A regional manager, brought in by Berry, also told officers that if Smith died, it would be "death by misadventure," the lawyer noted.

"If you have decided it's an accident before somebody dies, it's not an accident," Roy said. **THE CANADIAN PRESS**

Afghanistan

Adultery laws

Human Rights Watch has called on the Afghan government to reject a proposal to reintroduce public stoning as a punishment for adultery, but the Justice Ministry denied that such a law had been

submitted.

The human rights organization said that a working group led by the Justice Ministry that is assisting in drafting Afghanistan's new penal code had proposed provisions on "moral crimes" involving sex outside of marriage that call for stoning.

THE ASSOCIATED PRESS

Texas

Police officer accused of rape

A Texas police officer is accused of raping a handcuffed 19-year-old woman in the back of his patrol car.

San Antonio's police chief told reporters over

the weekend he was "angry" and "outraged" after Officer Jackie Len Neal was arrested Saturday on a sexual assault warrant.

According to an arrest affidavit, Neal asked the woman to step out of her vehicle early Friday after following her for several blocks. **THE ASSOCIATED PRESS**

Senate scandal continues as byelections play out

The cacophony of the Senate-expenses scandal blared on Monday in the House of Commons as opposition members pressed for answers on what Prime Minister Stephen Harper knew about his chief of staff's decision to pay Mike Duffy's expenses.

"Does the prime minister agree that there was a criminal coverup organized out of his own office?" NDP Leader Thomas Mulcair said in the House, making reference to the version of events laid out for the media by Harper's spokesman over the weekend.

Paul Calandra, Harper's parliamentary secretary, denied that Harper had any knowledge that Sen. Irving Gerstein, chairman of the Conservative Fund Canada, planned to use party funds to pay Duffy's expenses.

Nor did the prime minister know, Calandra said, that Gerstein contacted a partner at Deloitte Canada about its Senate-ordered audit of Duffy's expenses in an apparent attempt to have the accounting firm drop the senator from the probe, according to the RCMP allegations. Those accusations have yet to be tested in court.

The RCMP also alleges the Prime Minister's Office argued



NDP Leader Tom Mulcair gets a standing ovation as he asks a question during question period in the House of Commons on Parliament Hill in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

that Duffy's transgressions would become moot once the senator repaid his expense claims, and so he should be removed from the audit.

The notion that Harper was completely in the dark about an alleged coverup involving his chief of staff, as well as Gerstein, was mocked once again by Opposition members on Monday, the same day that voters in four federal ridings were heading to the polls to cast their ballots in

a series of key byelections.

"Mr. Harper keeps trying to say the person who's solely responsible is Nigel Wright, but the head of the Conservative Fund was offering to do the exact same thing; that's obviously a key problem here," Mulcair said outside the House.

Democracy Watch, a non-profit organization devoted to holding governments accountable, accused Gerstein on Monday of violating at least two sections of the Sen-

ate's conflict-of-interest guidelines. It called on the Senate ethics officer to launch an inquiry into Gerstein's actions.

THE CANADIAN PRESS

Byelection outcome

For results of Monday's byelections, go to metronews.ca.



30-year slave case. U.K. police expand search

British police investigating a slavery case involving three female victims say they are investigating 13 London addresses linked to the two suspects.

Police said Monday that inquiries into the new addresses followed an extensive search of an apartment in the Brixton neighbourhood of south London.

The Metropolitan Police also said that the male suspect is 73, not 67 as previously reported. The female suspect is 67.

One suspect is from India and the other is from Tanza-

nia, but police did not specify which individual came from which country. Police have said they shared a political ideology with the three victims, who were allegedly held against their will for 30 years.

Police have said the victims initially lived with the suspects as part of a collective but refused to provide details about their beliefs.

British press reports Monday indicated the group was part of an extreme Maoist collective that operated in the late 1960s and 1970s.

THE ASSOCIATED PRESS

Italy. Prosecutor argues to reinstate Knox's guilty verdict in homicide

The prosecutor seeking to reinstate the conviction of Amanda Knox for the murder of her roommate urged an appeals court on Monday not to repeat mistakes he says were made by the court that freed her.

Prosecutor Alessandro Crini said Italy's highest court had "razed to the ground" the Perugia appellate court's 2011 decision to throw out the guilty verdicts.

The high court ordered a fresh appeals trial, this time

in Florence, saying the earlier appeals decision was full of contradictions.

Knox and Sollecito were convicted in 2009 of killing Meredith Kercher, Knox's 21-year-old British roommate, who was found with her throat slit in her bedroom in 2007. They were sentenced to 26 years and 25 years in jail, respectively. After being freed in 2011, Knox returned to the United States and has not returned to Italy for the current trial. **THE ASSOCIATED PRESS**

India. Couple convicted of killing daughter and family housekeeper

Two married dentists were convicted Monday of killing their 14-year-old daughter and the family's housekeeper in a sensational case that has transfixed India since the girl was found with her throat slit in 2008.

Rajesh and Nupur Talwar, from the New Delhi suburb of Noida, will be sentenced Tuesday. They could face the death penalty. In a statement, they said they were "hurt and anguished" by the verdict and would appeal.

The double-murder in a suburban pocket of the capital became one of the most closely-watched whodunits in recent memory in India.

In the hours after the teenager, Aarushi, was found dead in her bedroom, police named the Talwars' missing Nepali

Quoted

"We will appeal against the verdict within 60 days."

Rebecca John, Rajesh and Nupur Talwar's lawyer, on her clients' recent conviction

housekeeper, Hemraj, as the prime suspect. They even dispatched a team to Nepal to look for him. But the housekeeper wasn't missing — his body was discovered lying on a terrace above Aarushi's room. It had been there the whole time.

The Talwars came under suspicion early on, and police said the manner of the girl's death suggested she was killed with surgical precision, a clear nod to the Talwars' medical profession. **THE ASSOCIATED PRESS**

Grand jury. School officials charged in Steubenville rape case

An Ohio school superintendent, two coaches and a principal have been charged by a grand jury that investigated whether other laws were broken in the rape of a 16-year-old girl by two football players, the state's attorney general said Monday.

The Steubenville case drew national attention. The teenage football players were convicted of raping the girl after an alcohol-fuelled party in August 2012.

The grand jury investigated whether adults like coaches or school administrators knew of the rape allegation but failed

to report it as required by state law.

The charges against the superintendent, Mike McVey, include felony counts of obstructing justice, Ohio Attorney General Mike DeWine said.

A school principal, Lynnett Gorman, and a strength coach, Seth Fluharty, are charged with failing to report possible child abuse. A former volunteer coach, Matthew Bellardine, faces several misdemeanor charges, including making false statements and contributing to underage alcohol consumption. **THE ASSOCIATED PRESS**

Fell about 45 feet

Woman's life saved after jump

A woman who jumped from the third level of the Oakland Raiders's stadium survived after a man tried to catch her and broke her fall, authorities said.

The woman was critically injured Sunday after plunging about 45 feet at O.co Coliseum. She jumped shortly after the Raiders's 23-19 loss to the Tennessee Titans.

The Good Samaritan was seriously injured but was conscious and talking at the hospital, police said.

THE ASSOCIATED PRESS

Campus safe: police

Yale under partial lockdown

Police say they have not found a gunman on Yale University's campus, and a call warning of an armed man going to shoot up the school appears to be a hoax.

New Haven Police Chief Dean Esserman told a news conference Monday afternoon that the campus is safe. A lockdown remains in effect on the Old Campus as police search rooms there.

There have been no reports of shots fired or anyone injured, and no arrests have been made.

THE ASSOCIATED PRESS

Newtown shooter's motive still unclear

Report released.

Lanza had 'fascination with mass shootings and firearms,' was obsessed with Columbine shooting

Why a young gunman went on a murderous shooting rampage at a U.S. school a year ago is still a mystery and may never be known with certainty, prosecutors said Monday in a report that ended their investigation.

Adam Lanza, 20, was obsessed with mass murders and the 1999 Columbine High School shooting in particular, but investigators did not find evidence he ever told others of his intentions to carry out such an attack, according to the summary report by the lead investigator, State's Attorney Stephen Sedensky III.

Lanza killed 20 young children and six educators with a semi-automatic rifle inside the Connecticut school on Dec. 14. He shot and killed his mother inside their home before driving to the school, and killed himself with a handgun as police arrived.

The shooting moved gun safety to the top of the agenda for U.S. President Barack Obama — though his gun control efforts have failed in Congress — and led states across the country to re-evaluate laws on issues including school safety.

The new report describes a gunman who had "significant mental health issues" but had knowledge of what he was



Lucas, Kelly and Michael DaSilva embrace at a makeshift memorial near the school following the mass shooting at Sandy Hook Elementary School on December 15, 2012 in Newtown, Connecticut. MARIO TAMA/GETTY IMAGES FILE

planning: he had materials on mass murder, he smashed his computer hard drive, and he used earplugs during the shooting.

"The obvious question that remains is: 'Why did the shooter murder 27 people, including 20 children?' Unfortunately, that question may never be answered conclusively," the report said.

Lanza "was undoubtedly afflicted with mental health problems; yet despite a fascination with mass shootings and firearms, he displayed no aggressive or threatening tendencies," Sedensky wrote.

Lanza's mother, Nancy Lanza, was concerned for her son and said he hadn't gone anywhere in three months and would communicate with her

by email only, even though they were living in the same house. She never expressed fear that she or anyone was in danger from her son, the report said.

Sedensky said there was no clear indication why Lanza chose the school as the target other than the fact that it was close to his home.

The report said Lanza was diagnosed with Asperger's disorder in 2005 — but "what contribution this made to the shootings, if any, is unknown."

Asperger's is an autism-like disorder that is not associated with violence.

Lanza might have hinted at his intentions online in the days before the massacre, the report indicated.

A Texas woman contacted

police in Connecticut the day of the Dec. 14 attack to say her son had interacted with someone while playing a video game 20 hours earlier who said there would be a school shooting, according to the report. It wasn't clear from the report whether she contacted authorities before or after the massacre.

Also, two days before the shooting, an anonymous user posted comments online about planning to commit suicide Dec. 14 and saying it would make national news. The poster claimed to live in Connecticut.

But Sedensky said the hard drive taken from Lanza's home was so damaged that data will probably never be extracted from it. **THE ASSOCIATED PRESS**

Obama defends deal with Iran



Barack Obama THE ASSOCIATED PRESS

Pushing back hard, U.S. President Barack Obama forcefully defended the temporary agreement to freeze Iran's disputed nuclear program on Monday, declaring that the United States "cannot close the door on diplomacy."

The president's remarks followed skepticism of the historic accord expressed by some U.S. allies abroad as well as by members of Congress at home, including fellow Democrats. Israeli Prime Minister Benjamin Netanyahu, one of the fiercest opponents

of the six-month deal, called it a "historic mistake" and announced he would be dispatching a top envoy to Washington to try to toughen the final agreement negotiators will soon begin hammering out.

Obama, without naming names, swiped at those who have questioned the wisdom of engaging with Iran.

"Tough talk and bluster may be the easy thing to do politically, but it's not the right thing to do for our security," he said during an event

in San Francisco.

The weekend agreement between Iran and six world powers — the U.S., Britain, France, Russia, China and Germany — is to temporarily halt parts of Tehran's disputed nuclear program and allow for more intrusive international monitoring of Iran's facilities. In exchange, Iran gains some modest relief from stiff economic sanctions and a pledge from Obama that no new penalties will be levied during the six months.

THE ASSOCIATED PRESS

City happiness explained: Love thy neighbour, live in a house

Sad metropolises.
Book credits low-rise living and good neighbour relations for higher life satisfaction in smaller towns



KATE WEBB
Metro in Vancouver

Happiness is a lot of things, but if you believe the latest research linking it to urban design, it is closely tied to living in a moderately dense, ground-oriented community.

Vancouver author Charles Montgomery, whose new book, *Happy City*, was released earlier this month, spent five years researching which cities are the happiest and why, and said the results were surprising.

"Surveys of life satisfaction in Canadian cities show

that Vancouver, Toronto, Calgary, the biggest cities, fall far behind smaller cities of modest means," he said.

The happiest cities, according to a UBC study, are both on the East Coast and share a lot in common besides their similar names: Saint John, N.B., and St. John's, N.L.

"The correlation is very simple," Montgomery said.

"Cities where people report high levels of trust for neighbours and strangers also rank highest for life satisfaction.

"In other words, the key ingredient to happy cities is positive social relationships, so the happy city is a social city."

He pointed out two common and somewhat opposite urban features that put a damper on positive social relationships: sprawl and towers.

"People who live in towers report trusting their

neighbours less, getting favours from neighbours less, and being less likely to know each others' neighbours' names than people living on the ground," he said.

Sprawl, on the other hand, extends commutes, leaving less time for social interaction.

The happy medium for big cities, Montgomery argues, is creating moderate increases in density with more townhouses, row houses, laneway houses, single-family homes retrofitted to fit more suites, and co-housing.

University of Waterloo neuroscientist Colin Ellard, who has been helping to promote Montgomery's book, said proximity to green spaces is also a factor.

"There's a very well documented distinction between the way people behave and feel and think when they're in natural environments, as opposed to when they're in grey concrete," he said.



Classic chicken or egg conundrum: Is St. John's, N.L., one of the two happiest cities in Canada because it looks like a rainbow, or does it look like a rainbow because its citizens are so happy? FLICKR: NSPAUL

The wandering llama gets a home



Lisa Davenport helped capture this llama which had been spotted wandering for nearly six months in Michigan. ZACK WITTMAN/THE FLINT JOURNAL/THE ASSOCIATED PRESS

A llama spotted wandering for nearly six months in Michigan has been captured and is getting a new home.

Mlive.com reports the llama that Kathy Kuzma calls Dolly was found Saturday in Oakland County's Holly Township, about 65 kilometres northwest of Detroit.

Kuzma has been on the lookout for the animal, which had been wandering her neighbourhood.

On Saturday, Lisa Davenport

came to Kuzma's house to look for the llama. Davenport has three llamas of her own along with other animals at a Michigan farm.

The women walked into a field to give the llama some food, and Dolly stood still instead of being her usual skittish self. They then coaxed the llama into a barn.

Davenport plans to take the llama back to her own farm.

THE ASSOCIATED PRESS

Earth from way above

Webcams headed to space station

Two cameras that are expected to transmit images of the Earth on the Internet early next year have been launched and are headed for the International Space Station.

One of the cameras shoots photos, while the other streams video. The cameras developed by Vancouver-based UrtheCast boarded an unmanned Russian cargo spacecraft that

blasted off Monday from the Baikonur Cosmodrome in Kazakhstan.

The cameras are expected to start rolling in a few months after some tests.

They will be able to show flash mobs, outdoor events, stadiums, boats and planes, but images such as licence plates and people's faces will be too small to be visible.

It will take four days for the cameras to reach the space station along with three tons of food, fuel and supplies packed with them.

THE CANADIAN PRESS

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Abortion drug should be option: Report

RU-486. The drug is available in 57 other countries and should be approved by Health Canada, experts argue in top medical journal

A commentary in Canada's leading medical journal says

Canadian women lack access to the best known option for abortion.

The authors say Health Canada is currently studying an application to bring that option, a drug commonly known as RU-486, to the Canadian market.

They say women in 57 other countries have access to the drug and say it is important that the application is approved.

Behind the curve

1988

RU-486 has been available in France since 1988, in Britain since 1991 and in the United States since 2000.

The drug, mifepristone, is used in combination with another medication already ap-

proved for other indications in Canada.

The treatment essentially induces a miscarriage, avoiding the need for a surgical abortion in most cases.

RU-486 has been available in France since 1988, in Britain since 1991 and in the United States since 2000. A manufacturer would have to apply to bring the drug to market in Canada. **THE CANADIAN PRESS**



A Canadian Medical Journal commentary argues Canadian women should have access to the abortion drug mifepristone, also known as RU-486. GETTY IMAGES FILE

RESEARCH MATTERS

What Matters Now **London** Listen. Debate. Have your say.



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Can we eradicate infectious diseases?



Lorne Dawson

University of Waterloo
How much of a threat are Canadian terrorists?



Bill Anderson

University of Windsor
How do we improve our borderline relationship to the U.S.?



Jody Culham

Western University
How does the brain control the body?



Stephen Perry

Wilfrid Laurier University
How can we maintain mobility into old age?

Tuesday, November 26, 2013 | 6:30 p.m. to 9 p.m.

London's Children Museum, London, Ontario

This free event is part of a province-wide discussion series featuring researchers from Ontario's universities. This event will be webcast live. Remote viewers can have their say and ask questions via Twitter, using the hashtag **#whatmattersnow**

Register, get info on the live webcast, and learn more about your Ontario research
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EU embargo

Ottawa to appeal WTO ruling on seal product ban

Ottawa will appeal a World Trade Organization ruling that says aspects of Europe's ban on imported seal products undermine fair trade but can be justified on "public moral concerns" for animal welfare.

The decision affects hunters in Atlantic outports and Inuit communities who say the embargo discriminates against Canadian seal products. **THE CANADIAN PRESS**



Seals and Sealing Network's Aaju Peter at a press conference Monday. **THE CANADIAN PRESS**

Bargain hunters rejoice

Retailers aim to knock out rivals with discounts

Now that American retailers have landed in Canada, prepare for the fireworks as stores launch massive promotions and deep discounts in an attempt to draw shoppers. "We can expect to see some very desperate retailers," said a marketing expert at Winegard and Company. **THE CANADIAN PRESS**

Random biz fact of the day

1.7

It costs companies 1.7 times as much to hire an external candidate.

FORBES

Market Minute



DOLLAR
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(-0.22¢)

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Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 17

metronews.ca/temp

1 in 3 have no security

Temping: Not just for the poor

The shift into temporary work is being felt at all levels.

While confirming that low-income families are most affected by this trend, a recent report shows that middle- and high-income families aren't immune either.

- Low-income families (less than \$50,000): 75 per cent are employed in insecure employment.
- Middle-income families (\$50,000 - \$100,000): About half are in insecure employment.
- High-income (over \$100,000): Over one-third are in insecure employment.



PHOTO ILLUSTRATION DAVID VAN DYKE/METRO

Survey says

One in four Canadians apparently suckers

Most Canadian workers are happy with their jobs, according to a recent survey by Monster.ca. Twenty-four per cent say they love their job so much they'd do it for free. **PHOEBE HO/METRO**

Temp Learns Some Secrets

After Sarah left, I tried watching more TV, but the thing about a Kate Winslet DVD marathon is that after about 1.75 movies your brain says, "I can't do this any more!" and forces you to get out of the beanbag chair and do something out in the real world. So I drove to the hospital to visit Danimal. In the Beemer I felt like I barely squeaked through their visitor parking lot's quality control filter — thank God the car had been recently washed. Once inside the building, a tastefully-clad male escort took me up to the third floor as though I was a guest appearing on David Letterman.

Danimal was in a bed looking woeful. "Shannon!"

"Hi Dan."

"Thanks for saving my life."

"I did no such thing. I just took you to the hospital. How is your ever-so-slightly collapsed left lung?"

I could tell Dan wanted to dramatize his condition but couldn't. "Oh, you know."

"I certainly do. I looked it up online. You'll be 100 per cent healed in one week. You should get out of this luxury hotel as soon as you can, too. It'll bankrupt you."

"Too late. I'm already bankrupt."

I cocked an eyebrow. "Really?"

"Why do you think we're dumping the company? I'm going to enjoy this country club

lifestyle as long as I can on the insurance company's dollar."

I saw the remains of lunch. "What's the food like here?"

"Insane. Lunch was a wild mushroom risotto with shaved Parmesan. How's your Chinese boyfriend and your evil plan?"

"Dan, I'm assuming it's the painkillers making you stupid, but the fact of the matter is, yes, he and I do have a plan."

"I knew it."

I looked around the gorgeous room (a Warhol print of an eagle on the south wall) and waited for him to say something.

"Well, what is it — what's your plan?"

"I knew you'd ask. I knew you'd crumble."

"Why do you think we're dumping the company? I'm going to enjoy this country club lifestyle as long as I can on the insurance company's dollar."



So I told the Danimal the plan — and then after that I drove over to his place to check up on Chantelle. I rang the doorbell (also Dust in the Wind by Kansas — these people are thorough) and a much cleaner and studlier-looking Darren opened the door in a housecoat, holding a vodka tonic. "Chantelle! It's Florence Nightingale!"

"Ask her to come in." Dan's house truly rocked — everything you'd expect in the gated community lifestyle. The fire pit alone was the size of my bedroom.

"Hi sweetie, have a drink. Darren, make our guest a Greyhound. There's fresh grapefruit juice in the fridge."

"Will do."

"So," asked Chantelle, "How's Dan?"

"He's looking good. Have

Random fact of the day

- Animal Planet made a fake documentary about the existence of mermaids ... twice. People fell for the trick both times.

SOURCE: WTFUNFACT.COM

you gone to see him yet?"

"Maybe tonight. I have to, um, pull myself together."

I said, "I'll drive you."

"That's sweet but I'll cab it. How are you doing?"

"I got fired this morning."

"Really? Well sit right down next to me and tell Chantelle everything."

TO BE CONTINUED...

Random biz fact of the day

56%

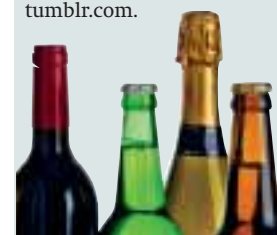
Yep, it's like sending your resumé into a void — 56 per cent of employers admitted they don't acknowledge receipt of applications.

SOURCE: NEXCAREER

What a scoop!

Tell us the office tittle-tattle

Someone hit the booze a little too hard at the last office party? Co-workers getting a little too cozy at the water cooler? Share your juiciest office secret and we'll publish the best in tomorrow's paper. We need to know who you are, but we promise anonymity for all. Send us the scoop at readers@metronews.ca or iamtemp.tumblr.com.



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WHY MILEY, NOT HANNAH MONTANA

Another award show, another opportunity to hate on Miley Cyrus.

As the 21-year-old pop star performed at the American Music Awards this past Sunday clad in a two-piece, kitten-print bikini, Twitter blew up with catty (excuse the pun) remarks regarding her on-stage antics.

When it comes to Miley's titillating behaviour and provocative wardrobe choices, there's no shortage of venomous opinions and open letters. But why do women tend to react so negatively toward female peers who are openly sexual?

Canadian researchers Dr. Tracy Vaillancourt and Aanchal Sharma recently developed an experimental study to test their evolutionary-based hypothesis that women are intolerant of sexy women and will condemn those who seem to make sex too readily available. A group of heterosexual young women at McMaster University were enlisted to participate in what they thought was a study on female friendship. The participants were paired up with



SHE SAYS
Jessica Napier
metronews.ca

either a friend or stranger and then approached by a seemingly random woman dressed in one of two distinctly different outfits.

Lisa Elliot — a thin, blond and conventionally attractive student at the university — was chosen to partake in the study as the subject. Half of the time, Elliot approached the participants dressed in a plain T-shirt and jeans. In an alternative scenario she was outfitted in a low-cut top, a tight fitting mini-skirt and knee-high boots.

"There was no real contact between me and the participants when I was in the room," says Elliot. "I was asked to simply walk in and out without making any real connection." Vaillancourt and Sharma monitored the participants' reactions and recorded any signs of aggression — such as eye-rolling, laughter and negative comments — on a very scientific sounding "bitchiness scale."

Women who encountered Elliot dressed in the conservative outfit barely noticed her, while those who saw her in the more

sexual getup were far more likely to react with some form of hostility. These participants regarded Elliot as promiscuous and as a sexual rival. A follow-up study showed that the women did not want to introduce her to their boyfriends, allow them to spend time alone with her, or be friends with her.

These women not only engaged in passive-aggressive behaviour to undermine someone they viewed as a potential threat, but also as way to connect with their peers. "I thought it was very interesting to see that so many of the girls, friends and strangers bonded together over their mutual dislike for me when in the racier outfit," noted Elliot.

Competition and hostility among women is much more prevalent than we might think. Some might dismiss a study like this as petty; but gossiping, slut-shaming and other forms of indirect bullying can cause very real emotional distress. We need to continue conducting and learning from studies like this to make ourselves more aware of our own bitchy behaviour and the potential harm it can inflict.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Put on your yarmulke, it's turkey time



PAUL SANCYA/THE ASSOCIATED PRESS

Thanksgiving and Hanukkah coincide

When life gives you Hanukkah on Thanksgiving, make a menorkey.

Ora turkel.

That's what students at suburban Detroit's Hillel Day School are doing — creating paper-and-paint mashups of menorahs and turkeys, and the birds combined with dreidels.

Rozie Aronov, 7, (pictured) holds up her menorkey she

created at Hillel Day School in Farmington Hills, Mich.

The recent class projects illustrate one way U.S. Jews are dealing with the convergence of the secular and sacred holidays that will see Thanksgiving overlap with the start of Hanukkah on Thursday.

The last time the overlap happened was 1888 and the next is 79,043 years from now — by one estimate widely shared in Jewish circles.

THE ASSOCIATED PRESS

How often do you get to eat challurkey?

Saul Rube, Hillel's dean of Judaic studies, said the combinations of Thanksgiving and Hanukkah icons underscore a deeper bond: The Talmud, one of Judaism's core texts, describes Hanukkah as a "holiday of thanksgiving."

"The fact that you could meld our Jewish culture and the popular culture is such a wonderful opportunity," he

said.

Rube said his Thanksgiving dinner will have one notable addition: A challurkey, a loaf of Jewish challah bread in the shape of a turkey. Some Detroit-area bakeries are selling them but he found one he liked online from a kosher bakery for \$12, plus shipping costs.

"I told my wife if we amortize the cost over 80,000 years 'til it happens again, it's not so bad," he said.

THE ASSOCIATED PRESS

Clickbait



LUKE SIMCOE
Metro Online

You may have noticed a lot of people suddenly talking about Doctor Who. The iconic British series marked its 50th anniversary on Nov. 23, making it the longest running science fiction show in the world. If you're curious, or just want to keep up with the conversation, here are a few sites that will help you tell the difference between a Dalek and a sonic screwdriver.

The TARDIS Data Core:
Named after The Doctor's famous time machine — which resembles a blue policeman's box — the TARDIS Data Core is the de facto wiki for Doctor Who fans. It boasts over 37,000 articles about the show, the universe and its characters. (tardis.wikia.com)

Official Doctor Who Tumblr:

Recognizing the show's cult following online, the people behind Doctor Who started a Tumblr page, which happens

to include a friendly guide for Who noobs. (doctorwho.tumblr.com/new-to-doctor-who)

The Inspector Spacetime Wiki:

Not so much a beginner's guide, but rather an insightful parody. What began as a spoof on NBC's Community has grown into a genuine fandom, chronicling the adventures of a mysterious detective who travels through time in a red phone booth. (madmanwithabooth.wikia.com)



ADRIAN ROGERS/BBC/THE ASSOCIATED PRESS

Comments

RE: Black Friday and America's Working Poor, published online Nov. 24

So, I agree that wages are low, but they are in line with what the government regulation is, so who's really at fault here?

The government simply has to raise the minimum wage.

They were talking about how (the U.S. Chamber of Commerce) was holding up a bill saying that any wage increase has to be coupled with

a tax break for companies. I guess that is to cover the cost of the raise. So now the government has to lose money in order to raise the minimum wage, how does that work?

The way I see it, raise the minimum wage up to 10 bucks and add an additional two per cent tax on any money earned over \$250,000. That should just about cover it. Government has to stop being pressured by big business and do what needs to be done for the better of all its people!

Grrrrrrrr posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

DVD review



The Grandmaster

Director. Kar Wai Wong

Stars. Tony Leung Chiu-Wai, Zhang Ziyi

Wong Kar-wai's martial arts tribute reminds us early on that with kung fu, you're either standing or lying flat on your back. Ip Man, played with white hat, black robes and stoic magnetism by Wong regular Tony Leung Chiu-Wai, intends to always be standing. The middle-aged fighter is as good as his word in a rainy prologue where he grapples with a group of younger assailants. He'll also need to sort out an avenging woman (Zhang Ziyi), a fierce and avenging battler in her own right, whose story is one of several tangents The Grandmaster takes on its circuitous route to enlightenment and justice. The movie could use more of this kind of directness. It's a departure for Wong, who has approached the topic before but normally deals with matters of the mind and heart rather than the hand and foot. He can't resist drifting back to form, even when bodies are in motion. Extras include making-of featurettes and a conversation with Shannon Lee, daughter of Bruce Lee, but beware — this is the 108-minute U.S. cut. You have to go import if you want the 130-minute original.

PETER HOWELL

TV temp-tation

If a staffing agency could wave a magic wand and place temps wherever they want, the Googleplex in Mountain View, Calif., would be getting them by the busload. On-site perks include everything from foosball tables and beach volleyball courts to a chance to scope out driverless cars doing donuts. But even the tech darling's HQ has nothing on television's top workplaces.

MIKE DOJC
scene@metronews.ca

Caltech (Big Bang Theory)

Walking the halls of Caltech would be a riot. You'll toy with lasers and learn a little experimental physics from Leonard Hofstadter. Maybe he'll even hook you up with a gig on his next far-flung field trip. His Stephen Hawking-sponsored North Sea voyage to search for the hydrodynamics equivalent of the Unruh effect turned out to be a hardcore party cruise. Just keep your distance from Sheldon Cooper if you want to retain your sanity.



S.H.I.E.L.D. (Marvel's Agents of S.H.I.E.L.D.)

Temping at the Strategic Homeland Intervention, Enforcement and Logistics Division could very well be the most dangerous placement on the planet but clandestine workplaces don't get any cooler. Field agents at this place make their FBI and CIA counterparts seem downright dowdy and they get to play with awesome next generation gadgets. Quantico and Langley's best and brightest are here where ordinary terrestrial terrorists are small fry.

Sterling Cooper & Partners (Mad Men)

While Don Draper can be a hard case, he knows great talent when he spots it. Impress the cagey creative director and your temporary stint could lead to a permanent position. In this swinging '60s creative powerhouse,



that means cavorting with fetching co-workers, three martini lunches, casual office sex and of course a creativity-stoking corporate culture.

World Famous Gold & Silver Pawn Shop (Pawn Stars)

Temping here would be a history wonk's dream. Valuable sports memorabilia and antique military firearms come through daily and organizing these artifacts beats typical office drudgery. Besides, when's the last time you fired a 100-year-old Hotchkiss Cannon to see if it works?



2
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Michael Jackson ALL PHOTOS GETTY IMAGES

Murray remains mum on Michael's alleged misconduct

In his first interview since being released from prison, Conrad Murray has plenty of candid things to say about Michael Jackson — but he'll only go so far. At one point, 60 Minutes in Australia correspondent Liz Hayes asks, "Do you believe he's a pedophile?" and that's when Murray gets cagey. "I'm not prepared to answer that question, not now," Murray says.

"I would not make up or fabricate anything." When Hayes points out that she'd expected him to just say no, Murray gets even more vague: "One thing I will tell you is this. I may have formed an impression of an individual based on certain things I have seen or encountered," he says. "You asked a question, and I'm not prepared to answer it. Not now."

Has Lawrence's relationship, once on Hoult, caught fire again?



Jennifer Lawrence

It looks like the summer reconciliation between Jennifer Lawrence and on-again, off-again boyfriend Nicholas Hoult worked out, as a casually dressed Hoult was spotted in Lawrence's limo as she left her taping of the Daily Show with Jon Stewart in New York last week, according to Us Weekly. The pair originally met on the

set of X-Men: First Class in 2010 and dated for about two years before splitting up in January, but they seemed to be back together this summer while filming the next X-Men film. Despite Lawrence's hectic travel schedule promoting The Hunger Games: Catching Fire, she and Hoult "talk constantly," according to a source.

Twitter



@samantharonson
Spoiler Alert!! A watched pot DOES boil.



@rustyrocks
Lampposts are dog Facebook.



@pattonoswalt
I know I'm basing this solely on watching award shows, but the music industry is awful, right?



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Williams-Paisley smacks down Underwood rumours

PAT HEALY
Metro World News

How would you react if a reporter marched up to you and announced that your country singer husband was cheating on you with a spangly, blonde fellow crooner? Kimberly Williams-Paisley was secure enough to laugh it off.

Nashville actress

Williams-Paisley is married to country star Brad Paisley. In what reads like a plotline from the show, rumours emerged last week that Paisley was having an affair with fellow star Carrie Underwood. When an Us Weekly reporter relayed the gossip to the Nashville star, she was decidedly unimpressed — and burst out laughing.

"Are you serious?" she said. "Wow! I hope it helps our careers! That's all I can say."

The actress said she's confident in the strength of her marriage. "We spend as much time as we can [together]. We're very down-to-earth people. We come from good families, and we appreciate family."

Sun safety no joke for Jackman



Hugh Jackman

Hugh Jackman is speaking out after a recent skin cancer scare, urging his Instagram followers to be careful. "[My wife] Deb said to get the mark on my nose checked. Boy, was she right," Jackman wrote in a caption for a photo of him with a bandaged nose. "I had a basil cell carcinoma. Please don't be foolish like me. Get yourself checked. And use sunscreen!"

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Learning all her secrets

Interview. Victoria's Secret Angel, Lily Aldridge, dishes on how she keeps her figure and some of her beauty rituals

ROMINA MCGUINNESS
Metro World News

Metro caught up with Lily Aldridge, Victoria's Secret Angel, hours before the Victoria's Secret Fashion Show to chat chicken wings, butts and the love of her life.

How do you make sure you look great in your underwear?

I do a lot of Ballet Beautiful (a method developed by Mary Helen Bowers, the woman who prepped Natalie Portman for the movie *Black Swan*). My body's become more toned, more flexible, and I feel stronger, healthier. I'm not good at aerobics, or any kind of boot camp, but this is amazing, and it suits my body so well. Mary Helen and I, we'll do bridge exercises for the butt, inner and outer thigh work on the mat, arm moves, some cardio — it's a full body workout. I work out five to six days a week, for an hour and a half each time, but make sure I take one or two days off when I do nothing but relax. You need to rest.

Do you work out as much once the show is over?

No. I'll probably do one hour, three to four times a week. I have to stay in shape for Victoria's Secret all year long, but it's definitely not as intense.

But do you enjoy it — all the



The Victoria's Secret show, featuring Lily Aldridge, airs Dec. 10 on CBS. GETTY IMAGES

working out?

I love it. I've always been an athlete. It isn't even necessarily about what your body looks like, but being happy, and healthy. Just do what is good for you. I like being toned on the runway, and feeling like I worked hard.

As an Angel, is there a particular body area you've not been told to tone, but know you have to tone?

I try and not worry about what other people say. Everyone has their flaws ... but leading up to the show, I'll do like, a billion butt lifts.

Are you happy with the results — how are you feeling butt-wise?

Yeah, I feel good.

What about your diet? Do you eat better, or less?

When you work out a lot, you can indulge, so my diet doesn't change too much. It's

not really about weight loss but about being healthy. I try and not eat a ton of salty things, so that I don't hold water. I eat clean, simple, organic foods: lots of protein, lots of vegetables, and lots of avocado and salmon, as they make my skin look great. And I'm obsessed with roasting chicken right now. I've been making roast chicken and baked sweet potato every night — it's really yummy and comforting.

You must be sick of it, surely.

No! I eat chicken all year. I love chicken legs, and chicken wings ... that's kind of like, almost a whole chicken.

What 'you can't touch this' food do you want to eat once the show is over?

I think everyone will probably eat a lot of junk food. I'll probably go to Joe's Pizza

tonight and order a cheese pizza. I can't wait — all dressed up in my after-party dress.

Good move: I'm not sure they'd let you in if you were wearing nothing but lingerie.

You never know ...

What about your pre-show beauty rituals?

I'm pretty low maintenance. I love wearing an oil before I go to bed. It makes your skin very supple and pretty. I use the RMS beauty oil.

How has having a baby — one-year-old daughter Dixie, with Kings of Leon front man Caleb Followill — changed your relationship with your body?

I've always been healthy. But everything is about my daughter now. She's the love of my life, my number one priority.

Lily's beauty staples



NARS

Bronzing Powder in Laguna



RMS

Living luminizer

Tarte Cosmetics

Gifted Amazonian Clay Mascara



Best Health

Options for natural cold remedies



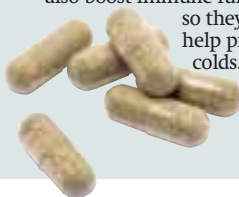
BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

The average person contracts more than 150 colds during their lifetime, and Canadians spend more than \$300 million each year on remedies for cold and flu symptoms. In the November/December issue of Best

Health, alternative-health expert Bryce Wylde writes about the natural options for relieving those symptoms. Here are some of the article's highlights.

Probiotics

Many people think of these as helpful only to the digestive system, but probiotics also boost immune function, so they can help prevent colds.



Natural remedies such as echinacea pills have received mixed reviews on their effects and benefits. ISTOCK PHOTOS

When buying, choose brands with 50 billion to 450 billion intestinal flora per dose.

Echinacea

This has been both panned and endorsed for its efficacy in preventing colds and relieving symptoms. So are you wasting your money if you buy echinacea? It depends on the formula you choose. The root and flower of the plant each contain different

immune-boosting chemicals, so you should get a formula that includes both plant parts. A. Vogel's Echinaforce is one brand that contains these.

Nasal strips

Sleep is one of the most important things to get more of when you are fighting a cold, but that can be tough when you're kept awake because of nasal congestion. Try nasal strips such as Breathe Right, which open the nasal passages naturally.

Cough suppressants

There are many natural

options available at both pharmacies and health-food stores.

Examples

Boiron Coryzalia Cold contains plant materials such as allium cepa, sabadilla and pulsatilla, and helps with symptoms such as runny nose and sneezing. There's also Nature's Way Sambucus Flu Care bio-certified black elderberry syrup, which is very effective.

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3 LIFE

Stir-fry goes leaner with turkey



ROSE REISMAN
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Turkey breast is an even leaner protein than chicken

Ingredients

Sauce

- 1 cup low-sodium chicken stock
- 2 tbsp low-sodium soy sauce
- 3 tbsp hoisin sauce
- 4 tsp cornstarch
- 1 tbsp brown sugar
- 1 tsp sesame oil
- 1 1/2 tsp crushed fresh garlic
- 1 tsp minced fresh ginger

Stir-fry

- 8 oz boneless, skinless turkey breast, cut into 1-inch cubes
- 2 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups thinly sliced red bell pepper
- 1 1/2 cups halved snow peas
- 1/2 cup sliced water chestnuts
- 1/4 cup coarsely chopped cashews for garnish
- 1 large green onion, chopped for garnish



This recipe serves four. ROSE REISMAN

breast. You can find boneless breasts in your supermarket. I like to dust the turkey cubes for this Turkey With Hoisin Sauce Stir-fry with flour in order to maintain the moisture.

1. To make the sauce: Place the stock, soy sauce, hoisin sauce, cornstarch, brown sugar, sesame oil, garlic and ginger in a small bowl and whisk to combine. Set aside.

2. To make the stir-fry: Dust the turkey with the flour. Spray a nonstick wok or frying pan with cooking oil and place over medium heat. Brown the turkey on all sides for 3 minutes or until browned but not cooked through. Remove from pan.

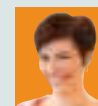
3. Respray the pan and heat the oil over medium heat. Add the red pepper and snow

peas; stir-fry for 2 minutes or until the vegetables are tender-crisp. Stir the sauce and add it to the pan along with the turkey and water chestnuts. Cook for 2 minutes, until the turkey is cooked through and the sauce has thickened.

4. Serve immediately, garnished with cashews and green onion.

Health Solutions

Gooble, gobble, French style



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

There is a region in France, south of Paris that is bucolic and rural and is the source of the next greatest gift of poultry.

"This breed is technically called Black Turkey since its feathers are black," says Sam Gundy of Olliffe Butchers in Toronto, "but it will be marketed for the first time this holiday season under the name Aritsan Gold."

The turkey looks nothing like the big frozen bird you will find at the grocery store. Its breast is smaller and flatter than the spookily large one most recognized and its

legs are bigger and darker. Almost as if it could actually walk which, in fact, this bird does. It is slowly and naturally grown and antibiotic free.

Artisan Gold roasts just like a regular bird only it doesn't require any "butter" injection, brining or basting. Its flesh is slightly more yellow and much meatier tasting. If you are counting on pan juices for gravy, you will have to add them because all the juices stay in and keep the meat moist. No oil slick on top of salty brine here.

Simply take the neck and gizzards and simmer on the stovetop covered with water to make a healthier, leaner, tastier gravy.

Vive la France.
THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO.

SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Ingredients

- 30 ml (2 tbsp) olive oil
- 1 boneless, skinless uncooked turkey breast, chopped
- 1 large onion, finely chopped
- 4 garlic cloves, chopped
- 15 ml (1 tbsp) ground coriander
- 15 ml (1 tbsp) grated ginger
- 1.25 l (5 cups) boiling water
- 1 stalk lemongrass, white part only, bruised using back of knife
- Juice of 2 limes
- 2 celery stalks, finely chopped
- 2 carrots, thinly sliced
- 1 parsnip, thinly sliced
- 30 ml (2 tbsp) tamari
- 5 ml (1 tsp) toasted sesame oil
- 1/2 bird's-eye chili, finely chopped
- 45 ml (3 tbsp) chopped cilantro
- Sea salt and ground pepper

Lunch. Thai Turkey Soup



1. In saucepan, heat oil over medium-high heat. Add turkey pieces with onion and garlic and sauté 5 minutes or until browned. Add coriander and ginger. Sauté 2 minutes.

2. Stir in remaining ingredients. Reduce heat and simmer for 15 minutes or until turkey and vegetables are cooked. Taste and adjust seasoning. Remove lemongrass before serving. **THE CANADIAN PRESS/ SOUPESOUP BY CAROLINE DUMAS (PUBLISHED IN ENGLISH BY HARPERCOLLINS PUBLISHERS LTD., BY ARRANGEMENT WITH FLAMMARION QUEBEC, 2012).**

This recipe can be made with an uncooked turkey breast or give new life to turkey leftovers.

If you are using leftovers, you'll need about 500 ml (2 cups) of cooked turkey. In that case, sauté the onion and garlic on their own,

add coriander and ginger as instructed, then add cooked turkey with the remaining ingredients.

If there is leftover gelatin from the cooked turkey, substitute up to 250 ml (1 cup) of it for an equal amount of the water.

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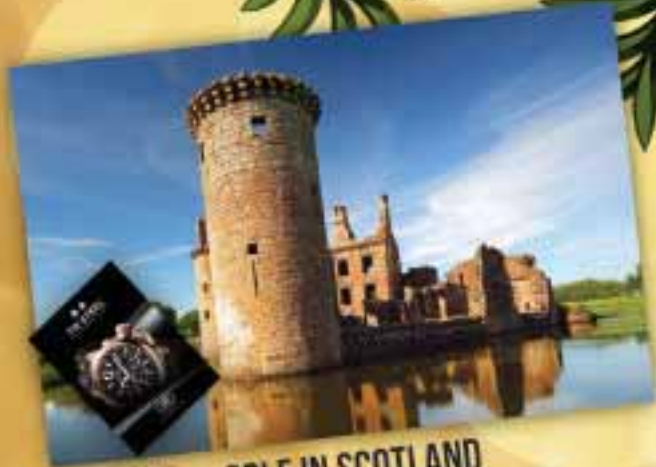
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Start-up advice from a couch-surfing millionaire

Entrepreneurship.

Brian Chesky, CEO of home-sharing website Airbnb, says it's a great time to go it alone

ELISABETH
BRAW

Metro World News

Heard the story about the guy who earned a fortune on his spare bed? Well, it's true. New Yorker-turned-San Franciscan Brian Chesky and his two co-founders came up with the idea of Airbnb as a way of making a few bucks. Five years later, Airbnb is the go-to place for every young (and not-so-young) traveller, with offices in 11 countries and 10 million nights booked in homes like yours. Chesky, now 31, explains how to succeed with your own idea.

Everyone wants to become a hugely successful entrepreneur, but 99 per cent of business ideas don't end like Airbnb. How did you know that you had a winner?

We didn't know that Airbnb would be a winner. It started because one weekend my roommate and I discovered that we had no money for rent. But there was a big conference coming up in San Francisco and all the hotels were sold out. My roommate and I thought, "Why don't we organize a bed and breakfast for the conference?" We pulled air beds out of a closet and rented out space in our apartment. We called it the Air Bed & Breakfast.

So your company didn't seem like a winner in the beginning ...

We thought it was a clever idea, but we didn't know that it would be successful. Then we asked some other people to try it and they loved it. That made us realize that if other people experienced what we experienced, they'd really like the experience, too.

So the challenge was to get people to try it, so we tried to get people around the world to do it. We thought just a few people would do it, that hosting people in your house is not

for everyone. But at a certain point we started noticing that lots of people were doing it and loved it, not just people like us — people of all ages and backgrounds.

What's the make-or-break point for a start-up?

When word of mouth starts taking off and your business starts growing without anything that you're doing. That's when you know that it's going to be pretty big. If people are incredibly excited about it, they'll tell lots of people. Then you realize that it's a huge market: tons of people who love your product tell everyone they know about it. You can feel it.

What's your main motivation? Finding people a place to stay for free? Couch surfing enthusiasm? Making money?

A new economy is being built around the world, and it's based on the idea of sharing. It's not inevitable, but if it happens, it will be a fundamentally better world, and it will provide an alternative to billions of people, people who are connected with each other.

We want to help create that kind of world. I also want to provide incredibly meaningful experiences to millions of people all over the world. And I want to help create a new company culture that will impact how the 21st century works.

Youth unemployment is at a record high in many countries. What's your advice to a young, well-educated person who can't find a job?

The challenges of high youth unemployment may very well create lots of new opportunities that will, in the long term, be really good for an entire generation.

Are you saying that recession is a good opportunity for young people to try out something totally new, like entrepreneurship?

Entrepreneurship success can happen for many kinds of people. Not everyone has to have a company the size of ours, but I think anyone can be autonomous. I think the reason many young people are unemployed is that they don't fit into the current market



"Come share my bed." Brian Chesky has millions of reasons to smile after he made couch surfing a huge business. AGATA NOWICKA/ENDO.PL

system, but it doesn't mean that you can't create your own market. For example, we're having many micro-entrepreneurs join Airbnb. They don't start their own

companies, but they're providing services as hosts and build businesses around that. I think now is one of the best times in the world to strike out on your own.



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NBA

Rose's season over after surgery

Chicago Bulls star Derrick Rose is out for the remainder of the season.

The team said that Rose had successful surgery Monday morning in Chicago to repair a torn medial meniscus in his right knee. He was hurt Friday night at Portland.

THE ASSOCIATED PRESS

Sweet raise

Kobe inks 2-year contract extension

The Los Angeles Lakers signed Kobe Bryant to a two-year contract extension Monday, securing the fourth-leading scorer in NBA history into his 20th season with the franchise.

Bryant, 35, hasn't played this season while recovering from surgery on his torn Achilles tendon in April.

ESPN reported the deal is worth \$48.5 million. Bryant is making \$30.45 million this season.

THE ASSOCIATED PRESS

King-sized expectations



"Baseball, I love this game. So why would I do anything to cost myself not to be able to play?"

Prince Fielder, who was acquired by the Texas Rangers in a trade last week with the Detroit Tigers for Ian Kinsler. Entering the third year of a nine-year, \$214-million contract, Fielder agreed Monday with the perception that he has to be productive through the remainder of the contract for the deal to work out for the Rangers.

Concussions. Ex-players sue NHL for lack of protection

Ten former NHLers, including all-star forward Gary Leeman, are claiming in a class-action lawsuit that the league hasn't done enough to protect players from concussions.

The lawsuit seeks damages and court-approved, NHL-sponsored medical monitoring for the players' brain trauma and/or injuries, which they blame on their NHL careers. It was filed in federal court in Washington on behalf of players

Plaintiffs

In addition to Leeman, the other ex-players on the lawsuit are Bradley Aitken, Darren Banks, Curt Bennett, Richard Dunn, Warren Holmes, Robert Manno, Blair James Stewart, Morris Titanic and Rick Vaive.

who retired on or before February 14 of this year and have

suffered such injuries.

The suit comes just three months after the National Football League agreed to pay \$765 million to settle lawsuits from thousands of former players who developed dementia or other concussion-related health problems — and in an era when more attention is being paid to the damages of head injuries sustained in sports.

Among other things, the

suit claims that:

- The NHL knew or should have known about scientific evidence that players who sustain repeated head injuries are at greater risk for illnesses and disabilities both during their hockey careers and later in life.
- The league didn't do anything to protect players from unnecessary harm until 2010, when it made it a penalty to target a player's head.

THE ASSOCIATED PRESS

Stamkos healing as quick as Lightning

NHL. Sniper walking without crutches two weeks after surgery to broken leg; no timetable for return

kos, speaking with reporters for the first time since the injury. "I'd say I've overcome the initial shock and frustration and disappointment, and now it's what do I have to do to get back as quick as possible. But obviously as smart as possible."

Stamkos has no timetable for a return, but didn't rule out the Sochi Olympics in February.

"That's something I've thought about," he said. "It's still on the back burner right now, but my focus is getting to a place where I can get healthy and getting back on the ice. Obviously, you want to get back and play for Tampa. If everything works out, which I'm hoping that it does, and get a chance to come back and play a couple games with Tampa and maybe get the opportunity to play in the Olympics, that would be great. That is a goal for me."

Stamkos, 23, has 222 goals and 409 points in 390 NHL games. **THE ASSOCIATED PRESS**



Steven Stamkos walks to a press conference at the Times Forum in Tampa, Fla., on Monday. DIRK SHADD/THE TAMPA BAY TIMES/THE ASSOCIATED PRESS

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Apple doesn't fall far from the skis



Kerrin-Lee Gartner, left, and her daughter Stephanie load skis at their family home in Calgary in August.

JEFF MCINTOSH/THE CANADIAN PRESS FILE

All in the family.
Erik Read, Stephanie Gartner following in their legendary parents' ski tracks with recent successes

The offspring of Canadian ski legends Ken Read and Kerrin Lee-Gartner have arrived in the sport.

Erik Read, 22, won the Canadian men's slalom title this year and is a member of the World Cup team. Stephanie Gartner, 17, was named to the Canadian women's development team this season.

Kerrin Lee-Gartner won the women's downhill at the

1992 Olympic Games in Albertville, France. As a member of the "Crazy Canucks," Ken Read was the first Canadian man to win a World Cup downhill race and was also the first non-European to win on the notorious Hahnenkamm and Lauberhorn courses in Austria and Switzerland respectively.

Erik and Stephanie say the advantages of having a parent who has been where they want to go in their sport outweighs the burden of expectations.

"Any situation, he'll give a little advice and it comes from experience so I know it's valuable," Erik says. "It's worth paying attention to."

The fact that Kerrin Lee-Gartner and Ken Read were

both downhillers, while Erik and Stephanie race slalom and giant slalom, helps buffer comparisons somewhat. Erik, however, keeps a toe in downhill.

The super combined — determined by the combined times of a slalom and a downhill — is a medal event at both the Winter Olympics and world championships.

Erik wants that as an option in his future, but he's concentrating on slalom and giant slalom for now. He will not race with Canada's downhill at the season-opening World Cup in Lake Louise, Alta., this week.

Not only did Stephanie and Erik grow up with their parents' legacies, but skiing is a way of life for both families. Lee-Gartner's husband, Max, is a former Canadian team coach and was head of Alpine Canada until he stepped down earlier this year.

Ken's wife, Lynda, is also a former national team skier. Erik is the oldest of three sons who all race. Ken is also a former head of Alpine Canada. **THE CANADIAN PRESS**

Insider's perspective

"To me, the hard part is I know the danger of the sport. I know the danger of the heartbreak when it doesn't work out and the negative aspect of putting it all on the line and being disappointed in the end."

Ski legend Kerrin Lee-Gartner, who says it can be difficult for her to watch her daughter Stephanie race knowing all that she knows about the sport.

NFL

Agent shoots down Bon Jovi, Bills rumours

While Jon Bon Jovi is interested in becoming an NFL owner one day, he's not currently pursuing the Buffalo Bills, the New Jersey rocker's publicist told The Associated Press on Monday.

"The Bills are not for sale, and he has too much respect for Mr. Wilson, the New Jersey rocker's publicist told The Associated Press on Monday.

Saying Bon Jovi has "a day job that's doing very well," Sunshine added: "It's preposterous to say he's had any discussions with the Bills and Erie County."

Sunshine spoke by phone a day after CBSSports.com posted a story citing unidentified sources that Bon Jovi is among the parties positioning themselves to purchase the Bills after Wilson's death. Wilson, who turned 95 last month, has maintained he has no interest in selling the franchise during his lifetime. **THE ASSOCIATED PRESS**

Healthy as a Buffalo. 'Optimistic' Bills have playoff spot in sight

Coming off a bye week, the Buffalo Bills are as healthy a team as they've been all season. It comes at the perfect time for a late-season push.

"I was very happy with the players coming back and their enthusiasm running around," coach Doug Marrone said after Monday's practice. "We're at full strength. We don't expect anybody not to be available to us, which is a good sign."

That means the Bills (4-7) should have receivers Stevie Johnson and Robert Woods back. Johnson is coming off a groin issue, but has battled a bevy of injuries this year, including one to his hip and another in his back. Woods would return after missing two games with an ankle injury.

Buffalo's dealt with quarterback tumult since the pre-season, with injuries to EJ Manuel and Kevin Kolb forcing Thad Lewis and Jeff Tuel into game action. Now Johnson and Woods will join Manuel on the field for the first time since Week 5.

"Everybody's extremely optimistic to get everybody out there 100 per cent or as close to it as possible," said running back Fred Jackson, who added



Receivers Stevie Johnson, left, and Robert Woods are expected to be back with the Bills when they host the Falcons on Sunday. GETTY IMAGES

the bye week helped his injured left knee "a tremendous amount."

Helping the good vibes is the fact the AFC's sixth wildcard seed is currently under .500. Six teams are 5-6, while the Bills are one of three teams at 4-7.

Though the margin for error is slim, the Bills are still in business coming off an emphatic 37-14 win over the Jets in Week 11. Starting with Sunday's game against the Falcons, Buffalo's next three opponents have a combined record of 7-26. **THE ASSOCIATED PRESS**

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	23	15	6	2	64	43	32
Toronto	23	14	8	1	66	54	29
Tampa Bay	23	14	8	1	67	61	29
Detroit	25	11	7	7	63	70	29
Montreal	24	13	9	2	64	51	28
Ottawa	24	9	11	4	68	77	22
Florida	24	6	13	5	53	80	17
Buffalo	25	5	19	1	44	79	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	24	15	9	0	69	54	30
Washington	24	12	10	2	72	68	26
NY Rangers	23	12	10	0	48	54	24
New Jersey	23	9	9	5	49	55	23
Carolina	24	9	10	5	49	67	23
Philadelphia	22	10	10	2	49	53	22
Columbus	23	8	12	3	56	71	19
NY Islanders	24	8	13	3	68	82	19

Monday's results

Winnipeg at New Jersey

Pittsburgh at Boston

Columbus at Toronto

Philadelphia at Florida

NY Rangers at Tampa Bay

Phoenix at Nashville

Minnesota at St. Louis

Chicago at Edmonton

Los Angeles at Vancouver

Sunday's results

Carolina 4 Ottawa 1

Detroit 3 Buffalo 1

Tuesday's games — All Times Eastern

Anaheim at Dallas, 8 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	24	16	4	4	87	70	36
St. Louis	22	16	3	3	79	50	35
Colorado	22	17	5	0	69	45	34
Minnesota	24	15	5	4	64	55	34
Dallas	22	11	9	2	61	65	24
Nashville	23	11	10	2	52	67	24
Winnipeg	25	10	11	4	66	75	24

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	26	17	6	3	80	65	37
San Jose	23	15	3	5	79	52	35
Los Angeles	24	15	6	3	64	51	33
Phoenix	23	14	5	4	78	74	32
Vancouver	25	12	9	4	65	65	28
Calgary	23	8	11	4	64	84	20
Edmonton	24	7	15	2	64	84	16

Note: Two points for a win, one point for overtime loss.

Wednesday's games

Nashville at Columbus, 7 p.m.

Winnipeg at NY Islanders, 7 p.m.

Ottawa at Washington, 7 p.m.

Montreal at Buffalo, 7 p.m.

Carolina at New Jersey, 7 p.m.

NY Rangers at Florida, 7:30 p.m.

Philadelphia at Tampa Bay, 7:30 p.m.

Toronto at Pittsburgh, 7:30 p.m.

Boston at Detroit, 7:30 p.m.

Phoenix at Minnesota, 8 p.m.

St. Louis at Colorado, 9 p.m.

Chicago at Calgary, 10 p.m.

Los Angeles at San Jose, 10:30 p.m.

Thursday's games

Vancouver at Ottawa, 7:30 p.m.

Edmonton at Nashville, 8 p.m.

NFL

WEEK 12

Sunday's results

Carolina 20 Miami 16

Baltimore 19 N.Y. Jets 3

Tampa Bay 24 Detroit 21

St. Louis 42 Chicago 21

Pittsburgh 27 Cleveland 11

Jacksonville 13 Houston 6

San Diego 41 Kansas City 38

Green Bay 26 Minnesota 26

Arizona 40 Indianapolis 11

Tennessee 23 Oakland 19

Dallas 24 N.Y. Giants 21

New England 34 Denver 31

Monday's game — All Times Eastern

San Francisco at Washington, 8:40 p.m.

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

EASTERN CONFERENCE

Saturday's result

Sporting KC 2 Houston 1

(Sporting KC advances 2-1 on aggregate)

WESTERN CONFERENCE

Sunday's result

Real Salt Lake 1 Portland 0

(Real Salt Lake advances 5-2 on aggregate)

MLS CUP

Saturday, Dec. 7

Sporting KC vs. Real Salt Lake, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	12	1	.923	—
Miami	10	3	.769	2
Atlanta	8	6	.571	4 1/2
Toronto	6	7	.462	6
Chicago	6	6	.500	5 1/2
Charlotte	7	7	.500	5 1/2
Philadelphia	6	9	.400	7
Detroit	5	8	.385	7
Washington	5	8	.385	7
Boston	5	10	.333	8
Orlando	4	9	.308	8
Cleveland	4	10	.286	8 1/2
New York	3	9	.250	8 1/2
Brooklyn	3	10	.231	9
Milwaukee	2	10	.167	9 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	12	1	.923	—
Portland	12	2	.857	1/2
Oklahoma City	9	3	.750	2 1/2
L.A. Clippers	10	5	.667	3
Houston	9	5	.643	3 1/2
Dallas	9	5	.643	3 1/2
Golden State	8	6	.571	4 1/2
Memphis	7	6	.538	5
Phoenix	7	6	.538	5
Minnesota	8	7	.533	5
Denver	6	6	.500	5 1/2
New Orleans	6	6	.500	5 1/2
L.A. Lakers	7	7	.500	5 1/2
Sacramento	4	9	.308	8
Utah	1	14	.067	12

Monday's results

Minnesota at Indiana

Boston at Charlotte

Phoenix at Miami

Milwaukee at Detroit

Houston at Memphis

Denver at Dallas

New Orleans at San Antonio

Chicago at Utah

New York at Portland

Tuesday's games — All Times Eastern

L.A. Lakers at Washington, 7 p.m.

Brooklyn at Toronto, 7 p.m.

Orlando at Atlanta, 7:30 p.m.

Golden State at New Orleans, 8 p.m.

CFL PLAYOFFS

101st GREY CUP

At Regina, Sask.

Sunday's result

Saskatchewan 45 Hamilton 23

Horoscopes

Aries

March 21 - April 20

It may appear as if a rival has got the upper hand but you are not beaten yet. You are at your best when your back is to the wall and things look grim. It brings out the fighter in you.

Taurus

April 21 - May 21

Whatever you do today will go extremely well but you will also have to deal with people who can't stand the idea of you being successful and constantly pick holes in your triumphs. Ignore them.

Gemini

May 22 - June 21

Your own interests must come first. No matter how sorry you feel for someone and no matter how much you want to help them out, don't jeopardize your own position. If the roles were reversed would they sacrifice for you?

Cancer

June 22 - July 23

According to the planets, you are not much in the mood for working with other people. That's good. Creative projects will go best if you cut yourself off from the world and focus on what matters to you.

Leo

July 24 - Aug. 23

If you believe that a certain course of action is necessary then go for it and don't think of what might happen if it goes wrong. Life is a gamble or it is nothing, so follow your instincts and don't give up.

Virgo

Aug. 24 - Sept. 23

Something you have been dreaming of for months is now within reach and before this day is over you will have one hand firmly on the prize.

Libra

Sept. 24 - Oct. 23

Someone appreciates what you have done and over the next 24 hours will go out of their way to show it. Take it as a reminder that good deeds never go unrewarded.

Scorpio

Oct. 24 - Nov. 22

You like a challenge, be it mental or physical, and that's good because someone will confront you with a puzzle that takes all your brain power to solve. Don't look for the obvious answer. Look for what everyone has missed.

Sagittarius

Nov. 23 - Dec. 21

Force yourself to go beyond your natural limits today. You will find you still have plenty in reserve. You may be easygoing by nature but there is also a tenacity about you. You refuse to be defeated.

Capricorn

Dec. 22 - Jan. 20

It's good to learn from your own mistakes but it's better to learn from other people's. Watch them do something the wrong way then do it the right way. That's easy enough.

Aquarius

Jan. 21 - Feb. 19

You are under no illusions about what needs to be done to improve your career but can you translate that into action? Many people's great ideas never come to much. You must not be one of them.

Pisces

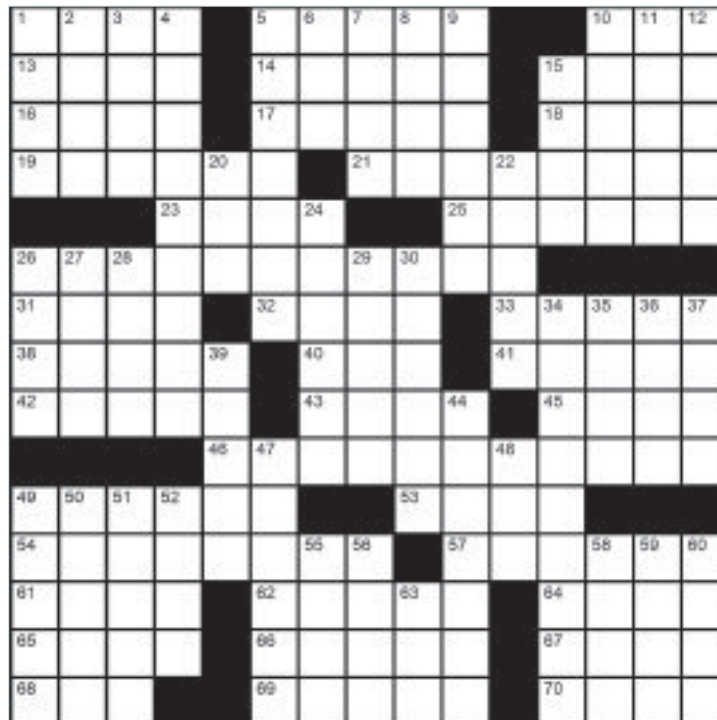
Feb. 20 - March 20

You can try to change another person's opinions about something but it's unlikely you will succeed. Even if facts are on your side, they'll refuse to see it your way. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Toronto Mayor Rob Ford's brother
5. Stack creator
10. The Queen (b.1900 - d.2002)
13. Montreal suburb, Baie-D'
14. Pointed arch
15. Optimism
16. Deity worshipped in ancient Thebes [var. sp.]
17. "___ really." (Response to "Would you like to...")
18. Roughly, ___ about
19. Tom Cruise vampire
21. Canadian novelist, Douglas
23. Luau souvenirs
25. Ottawa: ___ Canal
26. ___ : Tales for an Accelerated Culture (Bestseller by #21-Across)
31. Sort of lily
32. Political party event [abbr.]
33. Toaster waffles
38. Cycled
40. Lyric poem
41. "Hasta ___!" (Bye, in Spain)
42. Panorama
43. Early helicopter
45. ___-do-well
46. The Prairies, Canada's
49. Stingy
53. Twi'lek dancer of Jabba the Hutt's court



- in "Return of the Jedi" (1983)
54. Historic area of Winnipeg, ___ District
57. "My sentiments exactly!": 2 wds.
61. Venue
62. Poi ingredients
64. Skeleton part
65. Gin flavouring

66. Up in the air
67. Pet fish's home
68. Hankering
69. Survives
70. Young hawks

Down

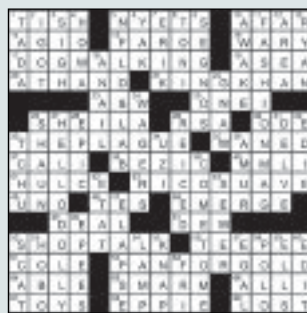
1. Double
2. Paul Revere & The Raiders song: "Him

- ___ - What's It Gonna Be?"
3. Li'l saucers
4. "Shelter Valley": Debut single by Cobourg, ON band ___ Husbands
5. 18th-century Chief of The Ottawa
6. 54-40's "___ Blind"

7. Hamilton expressway, The
8. Rachael Ray's cooking stuff
9. Bring back
10. Singer, Janelle
11. ABC's "Once ___ Time"
12. Labrador Sea, in French: ___

- Labrador
15. Grasp
20. Irish carrier, ___
- Lingus
22. High-tech dot
24. Larry, Curly or Moe
26. Chatters
27. Mr. Clapton
28. Microwave, in slang
29. Agra's locale
30. Exaggerate
34. 21-___
35. Nerd
36. S-shaped moulding
37. Variety
39. Ms. Winger
44. Some members of orchestras
47. Leased car
48. Completely
49. Dishevelled
50. Banish
51. ___ Bell, pen name of youngest Bronte Sister, Anne (b.1820 - d.1849)
52. Clarified butter
55. Grand party
56. Cupid's Greek counterpart
58. That which Buffy would do
59. "True Blood" star Ms. Paquin
60. Creatures of Tibet
63. Commonly, in poetry

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	6	2	7	8	3	9	5	4
7	5	4	2	1	9	8	3	8
9	8	3	6	5	4	7	2	1
2	3	8	9	4	1	5	7	6
5	9	6	8	2	7	1	4	3
4	7	1	3	6	5	8	9	2
8	1	9	5	3	2	4	6	7
3	4	5	1	7	6	2	8	9
6	2	7	4	9	8	3	1	5

		5				7		
	3		5		7		9	
6	7						1	3
		4	2		8	9		
2								4
		3	4		1	8		
1	4						5	9
	8		6		9		3	
		6				1		

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